



2026 Medical Residents Benefits Enrollment

**MAXIMIZE YOUR HEALTH &
WELL-BEING**

Dear Residents,

Welcome to GW!

Our university cares about the time and talent you invest at GW, and we also recognize the importance of taking care of you, our residents. After all, a healthy you brings renewed focus and creativity to your residency at GW.

Serving our Residents by investing in health and well-being programs is a key component of our thriving community. You have the opportunity to choose among a variety of benefit plans and programs. Your choices help build security and support your family's health and financial goals.

Our tools and resources, such as the Benefits Guide and new employee webinar, will help you during onboarding and throughout the year to help you make the best decisions for you and your family.

As you make your benefits elections, please reference the **2026 Benefits Guide** on the Benefits website at **hr.gwu.edu/benefits**.

There are three eligibility requirements that are unique to Residents. Please keep these in mind as you read the Benefits guide and make elections:

- The 1-year waiting period for Long Term Disability (LTD) Insurance is waived for Residents. On your date of hire, you become eligible for basic LTD. If you choose to elect LTD Buy-Up, coverage will be effective the first of the month coincident with or next following 1 year of continuous, active employment. Please see page 35 of the benefits guide for more information on the LTD insurance available to you.
- Residents are eligible to elect Employee-Paid Voluntary Short Term Disability (STD). Please see page 34 of the Benefits guide for more details.
- If elected, medical/prescription coverage for Residents begins on the date of hire.

For information about how to elect your benefits using the **GW Benefits Enrollment System**, please reference page 8 in the Benefits Guide. Please note that you have 30 calendar days from your date of hire to make your elections online. If you do not enroll within that time, you will need to wait until Annual Open Enrollment (takes place annually in October) unless you have a **Qualifying Life Event (QLE)**. Changes made during Annual Open Enrollment are effective January 1 of the following year.

We look forward to seeing you at the Residents orientations in June and July.

Sincerely,
GW Benefits
Human Resource Management and Development